



Melville Heights Activity Sheet

September 9th - September 15th 2019

September's Flower – Aster

Drop Everything & Walk!

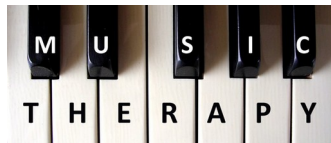
Mon. Tues. Thurs. & Fri. 1:00pm. Meet in the Lobby & Enjoy a stroll around Melville Heights.

Monday September 9th, 2019



10:00am - Coffee Hour / Ballroom
10:00am – Exercises
12noon – 1:30pm – Lunch / Dining Room.

2:00pm - MUSIC THERAPY with Kimberly North in the Ballroom.



3:00pm – 4:00pm -Gentle CHAIR YOGA CLASS today with Abra Morrison in the Exercise Room. \$10.00 for a drop in session.

7:00pm – Bridge in the Cafe.

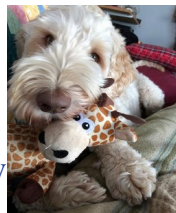
Tuesday September 10th, 2019

10:00am – Coffee Hour / Ballroom
10:00 am – Exercises
11:00am - NEWS & VIEWS in the Ballroom.
12noon – 1:30pm – Lunch / Dining Room.

2:00pm – YOUTUBE videos in the Media Room with Lori.



3:00pm – Afternoon Tea
6:30pm – DOG THERAPY in the Lobby with Tanya & her 3 year old Labradoodle / Stanley in the Lobby.



7:00 pm Cribbage in the Cafe.

Wednesday September 11th, 2019

Massage Therapy with Heike LeBlanc in the Art Room Today!!!!



10:00am – Exercises
10:00 am – Coffee Hour / Ballroom
11:00am – Shopping at Halifax Shopping Centre & Walmart / Mumford Road.
12noon – 1:30pm – Lunch / Dining Room
1:00 pm & 1:20pm – Shopping at Sobeys / Herring Cove Road & NSLC.

3:00pm – Afternoon Tea
3:00pm – Bring your COMPOST across from the Kitchen.

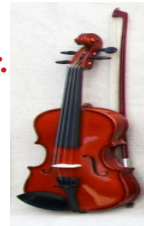


Thursday September 12th 2019

10:00 am – Coffee Hour / Ballroom
10:00am – Exercises
11:00am – Knitting Club / Lobby
12noon – 1:30pm – Lunch / Dining Room.
1:00 pm – BRIDGE / Exercise Room.



2:00pm – Health & Wellness Clinic in the Ballroom. Blood Pressure & Weighing with Nurse Marion & Nurse Jennifer.



3:00pm – Afternoon Tea.
7:00pm – Evening of MUSIC with Mike Campbell in the Ballroom.

Friday September 13th, 2019

10:00am-11:30am- Continental Breakfast
10:00am – Exercises
10:30am – Melville Painters / Art Room
11:30- LUNCH at The Waegwoltic Club / Please sign up & pick your lunch choice.
12noon – 1:15pm – Lunch Dining Rm.



3:00pm-Afternoon Tea
3:00pm-4:00pm – BAKE SALE / Ballroom
7:00pm – Movie /Media Room.

Saturday September 14th, 2019

10:00am – Coffee Hour Ballroom
12noon – 1:30pm – Lunch / Dining Room.
3:00pm – Afternoon Tea
7:00pm – Movie / Media Room.



Sunday September 15th, 2019

11:00am – Holy Communion in the Chapel.



12noon – 1:30pm -Lunch in the Dining Room

1-3pm – Composting / Bins are located in the Hallway down from the Media Room

2:00pm – Join Rev. Betsy Hogan / St. Matthew's United Church in the Chapel. All Welcome!



3:00pm – Afternoon Tea
7:00 pm – MOVIE /Media Room.

Please Turn Over!!!!

ACTIVITY SHEET - MELVILLE HEIGHTS
Monday September 9th - Sunday September 15th 2019

Happy Birthday to those Residents who celebrate their birthday during the month of August:



Mrs. Doane – 3rd

Mr. Newberry – 3rd

Mr. Anderson – 4th

Mr. Tregunno – 5th

Mrs. Parnell – 13th

Mrs. Campbell – 16th

Mrs. Ivey – 26th

If any Birthday has been missed, please see Lori in the Recreation Dept.



***Thank you to the
Residents & Staff
for supporting
“Backpacks for Kids”
The “Backpacks for Kids”
program helps to send children
back to school with the tools they
need to succeed.***